

ANCHOR WATCH

September - October 2014



Marriage Enrichment Retreat

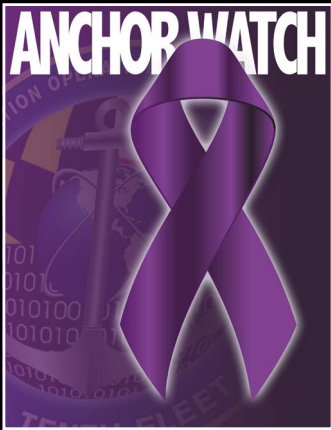
Marriage Enrichment Retreats (MER) focus on deepening a married couple's commitment and self-understanding of each other while ensuring space for individual couple time. Couples are responsible for setting up their own childcare. All retreats are FREE of charge including room and meals.



The MER is located at the Hilton Crystal City Ronald Reagan National Airport 2399 Jefferson Davis Hwy. Arlington, VA 22201.
To register please call: 202-767-5900 or 202-767-5902 Retreat Dates: Nov. 14-16, 2014 Dec. 12-14, 2014 Jan. 9-11, 2015
MER is a Chaplains Religious Enrichment Development Operation (CREDO) retreat.
For more information about MER and other CREDO retreats please email us at: CREDO.NDW.fcm@navy.mil

CONTENTS:

3	CNO and MCPON Host Live All Hands Call	10	Navy Day Ball 2014
4	NIOC MD Command Master Chief	12	Hispanic Heritage Celebration
5	CO's Proclamation	14	Doctor's Corner
6	Domestic Violence Awareness	15	Fayth Miller's LOC from Captain Elam
8	Fort Meade Pins New Chief Petty Officers	16	Sailor In the Spotlight



Staff
Commanding Officer
CAPT Donald Elam
Executive Officer
CDR Owen Schoolsky
Command Master Chief
CMDMCM(IDW/SW/AW) Michael Webb
Public Affairs Officer
LT Robert Tuohy
Public Affairs Staff
PO1(SW/AW) Jeffrey Balge
PO2(SW/AW) David Finley Jr.
PO2(SW) James Turner

ANCHOR WATCH
In its 40th year of production
September - October 2014
www.niocmd.navy.mil
The "Anchor Watch" is produced by Navy Information Operations Command Maryland. Opinions are not necessarily those of the Department of the Navy nor the U.S. Government. We reserve the right to correct, edit and omit material. Photos are official U.S. Navy unless otherwise indicated.
Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Room 138, Fort Meade, Md. 20755-5290.
Phone: 301-677-0860 FAX: 301-677-0399.
Story ideas are also accepted electronically at niocmdpao@me.com

CNO and MCPON Host Live All Hands Call

Story Number: NNS141007-13Release Date: 10/7/2014 4:16:00 PM
By Mass Communication Specialist 3rd Class Jules Stobaugh, Defense Media Activity



FORT GEORGE G. MEADE, Md. (NNS) -- The Chief of Naval Operations (CNO) and Master Chief Petty Officer of the Navy (MCPON) joined Sailors from across the fleet to host a worldwide Navy birthday all hands call Oct. 7 at Defense Media Activity, Fort George G. Meade, Maryland.

Adm. Jonathan Greenert and MCPON (AW/NAC) Mike Stevens spoke about retirement, CPO 365, uniform changes, sea duty, and other Navy topics with a live studio audience, as well as Sailors from around the world via satellite and social media.

"The centerpiece of what we do today, and what we continue to do, is sea duty," said Greenert. "We've made some changes accordingly. It's arduous duty for many, and that's why we've increased sea pay this year. Deployments have increased some and we should acknowledge that -- and we have recently with hardship duty pay."

The Navy leaders started the show by reenlisting 14 Sailors with their families and command leadership on hand. Then Sailors from Norfolk, San Diego, ships at sea, and even the International Space Station were able to ask questions via live satellite, phone calls, and prerecorded messages.

One of the first questions asked involved redesigning basic training.

"We review the curriculum for boot camp all the time," said Greenert. "We look at: what do we want in the character of a Sailor, what do we want in the ethical nature of the Sailor, what are we missing in the fleet, and we've got to strive to get that in there today. So it's about unit, not self."

"We're always looking for opportunities to get better," said Stevens. "One of the things we're doing at RTC right now, in December, we will start to issue a portable, mobile, wireless device to our new recruits. We're going to start with about 200 Sailors -- they'll get these devices and all the paperwork and manuals are going to be downloaded so that everything they need is ready and available all the time."

Additionally, Stevens offered some guidance to a Sailor from Guam who asked for career advice.

"It's about three things, and it's about doing these three things with excellence," said Stevens. "Number one: it's working hard, every single day, regardless of the task that you're assigned. It's about doing your very best, every time you're assigned a task."



141007-N-KK935-075 FORT MEADE, Md. (Oct. 7, 2014) Chief of Naval Operations (CNO) Adm. Jonathan Greenert, left, and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens hold a live worldwide Navy all-hands call. The two talked to and answered questions from a studio audience and Sailors in the fleet. The all-hands call was part of a series of events this week in recognition of the Navy's 239th birthday. (U.S. Navy photo by Mass Communication Specialist 1st Class Jessica Bidwell/Released)

"Number two: stay out of trouble," added Stevens. "You can work hard, you can do the right thing for many, many years, but you could get in trouble one time, and you can compromise all that hard work."

"Number three I believe to be the most important of all," said Stevens. "Be a good and decent person. Be a good and decent person to yourself, to your family, and to your shipmates and never forget to always treat one another with dignity and respect."

This year's theme for the Navy birthday is, "Thanking Those Who Support Us."

"We should know that successes that we've achieved, we have not achieved alone. And we couldn't do what we do unless we have the assistance from our family, from our friends, from our communities, from industry, and the organizations that support our Sailors," said Greenert.

The CNO and MCPON closed the ceremony by cutting a Navy birthday cake with the youngest Sailor in the room, using a cutlass from the early 1800s attributed to Admiral David G. Farragut, the first admiral in the U.S. Navy.

To watch the recorded Navy Birthday All Hands Call, visit <http://www.navy.mil/viewvideo.asp?id=19876>

CMDCM(IDW/SW/AW) MICHAEL A. WEBB

Navy Information Operations Command Maryland

Command Master Chief Michael A. Webb was born and raised in upstate New York. He graduated from Canastota High School in June 1989 and enlisted in the Navy in May 1991. Following completion of basic training at Recruit Training Command, Orlando, FL he reported to Naval Technical Training Center Meridian, MS for Personnelman "A" School.

In October 1991, he reported for duty at Personnel Support Detachment Little Creek where he worked in the Transient Personnel section and was advanced to Petty Officer 3rd Class.

In December 1993, he reported to USS DWIGHT D. EISENHOWER (CVN 69). While aboard, he deployed to Haiti, 6th Fleet and 5th Fleet. He served as Educational Services LPO and was advanced to Petty Officer 2nd Class.

Personnel Support Detachment Pensacola was his next assignment, where he worked as a student records clerk and enlisted classifier. He was advanced to Petty Officer 1st Class and selected for conversion to Cryptologic Technician (Technical).

After completing CTT "A" School, he reported to Naval Security Group Activity San Diego as a Direct Support Operator and Supervisor. He completed RIMPAC 2000 and WESTPAC deployments aboard USS BOXER (LHD 4) and USS BELLEAU WOOD (LHA 3).

In July 2003, he reported to the National Security Agency where he was selected for Chief Petty Officer and served as the Maritime Senior Watch Officer on the National Security Operations Center watchfloor.

Master Chief Webb returned to sea duty in 2006 aboard USS BENFOLD (DDG 65). He completed two deployments as Operations Department LCPO and VBSS Boarding Officer in support of Operation ENDURING FREEDOM and was selected for Senior Chief Petty Officer.

In 2009, he reported to Naval Medical Center San Diego as the Physical Evaluation Board Liaison Officer, was advanced to Master Chief Petty Officer, and selected for the Command Master Chief program.

In 2012, Master Chief Webb reported to the Golden Warriors of VFA 87 as the Command Master Chief. While there, he deployed to 6th Fleet and 5th Fleet with CVW 8 embarked on USS GEORGE H. W. BUSH (CVN 77).

Master Chief Webb is a graduate of CMC/COB school and Senior Enlisted Academy and recipient of the prestigious Peter Tomich Distinguished Leadership Award. Additionally he holds a Masters Degree in Public Administration and Organizational Leadership.

Master Chief's personal decorations include the Defense Meritorious Service Medal, Navy and Marine Corps Commendation Medal (four awards), Navy and Marine Corps Achievement Medal (six awards), Enlisted Information Dominance Warfare Specialist Insignia, Enlisted Surface Warfare Specialist Insignia, Enlisted Aviation Warfare Specialist Insignia, and various unit and campaign awards.



COMMANDING OFFICER NAVY INFORMATION OPERATIONS COMMAND MARYLAND PROCLAMATION

Whereas, suicide is the 10th leading cause of all deaths in the United States, and the 3rd leading cause of death among individuals between the ages of 15 and 24;

Whereas, in the United States, one person commits suicide every 14.2 minutes;

Whereas, it is estimated that 4.73 million people in the United States are survivors of suicide (those who have lost a loved one to suicide);

Whereas, 60 Sailors were lost to suicide in 2012;

Whereas, 18 military veterans are lost to suicide every day;

Whereas, the stigma associated with mental illness and suicidality works against suicide prevention by discouraging persons at risk for suicide from seeking life-saving help and further traumatizes survivors of suicide;

Whereas, preventing suicide is a community problem that depends on involvement among people throughout the community;

Whereas, suicidal thoughts occur when people find themselves in stressful situations, without community resources, and do not know how to cope;

Whereas, an engaged and supportive community is among the best prevention for suicide;

Whereas, all citizens should become involved in supporting their colleagues, neighbors and friends in utilizing resources to prevent suicide;

Whereas, effective suicide prevention programs succeed because of partnerships created among leadership, social service agencies, schools, faith communities, and civic organizations;

Whereas, the Navy is a unique part of the partnership; and

Whereas, we in the Navy community have an obligation to become actively involved in prevention by supporting our Sailors and their families;

NOW, THEREFORE, Captain D.E. Elam, Commanding Officer, U.S. Navy,
Navy Information Operations Command Maryland, does hereby proclaim
SEPTEMBER 2014
as

SUICIDE PREVENTION AWARENESS MONTH

At Navy Information Operations Command Maryland, and calls upon all Navy personnel and their families to increase their participation in our efforts to prevent suicide, thereby strengthening the Navy community.

GIVEN UNDER MY HAND, Captain D. E. Elam at Navy Information Operations Command Maryland
on this, the 1st of September 2014.

D. E. ELAM
Commanding Officer



Relationships should be... Respectful, Safe and Positive.

Domestic Violence Awareness

www.ffsp.navy.mil

Visit your local FFSC for more information on how they can help you build healthy relationships.



While most of us recognize the external bruising of one's skin, the internal bruising of one's soul may go unnoticed. It is important to realize that abusive behavior manifests itself in multiple forms. One may strike out at another by use of physical or psychological force. The scars of emotional abuse or neglect can be just as traumatizing as physical or sexual violence. In recognition of this reality, the Navy takes an expanded approach to domestic disturbances, encompassing both the physical contact and the non-physical patterns of controlling behavior.

What is Domestic Abuse?

Domestic abuse can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Domestic abuse cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women.

Domestic abuse goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused.

Domestic abuse can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic abuse affects people of all socioeconomic backgrounds and education levels.

You may be in an emotionally abusive relationship if your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call, and who you spend time with.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Threatens to hurt you, the children, your family or your pets.

You may be in a physically abusive relationship if your partner has ever:

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
- Pushed, slapped, bitten, kicked or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.
- Trapped you in your home or kept you from leaving.
- Prevented you from calling the police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.

What is the Family Advocacy Program ?

The Family Advocacy Program, or FAP, provides clinical assessment, treatment and services for military members and their families involved in allegations of domestic abuse and child abuse.

The goals of victim safety and well-being and offender accountability form the basis of the clinical provider's work in responding to allegations of domestic abuse and child abuse.

If you think you may be a victim of domestic abuse, contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your installation Fleet and Family Support Center for information on available resources.

How We Can Help

The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice more healthy behaviors.

The Family Advocacy Program provides a variety of interventions and treatment services to meet the needs of individuals and families. FAP provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate. Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers. These are available to active duty and their family members – even Sailors who are unmarried can have couple's counseling with their partners.

A variety of courses that teach healthy relationship skills are also available at Fleet and Family Support Centers. These include anger management and conflict resolution. These are also free and available to both active duty and spouses.

Victims must have access to protection, care and support. Interventions are needed to ensure safety. It is critical that victims are not re-victimized due to inadequate or harmful interventions.

Restricted/Unrestricted Options

Victims of domestic abuse are often afraid to get help. They may fear that reporting the abuse will only make things worse, or they may feel ashamed for tolerating the abuse for so long. Victims may fear losing the financial support provided by their abuser, including housing or medical benefits. Some victims may feel trapped because they fear ruining their spouse's military career or feel pressure to keep the relationship intact for the sake of the children.

The Navy is committed to addressing and ending domestic abuse and offers victims two different reporting options for seeking help. With either option, victims have access to victim advocacy services, counseling and medical care. Victims of domestic abuse may want to talk to a victim advocate from the Family Advocacy Program (FAP) about their options and other sources of support before making a decision.

Restricted Reporting

Victims who prefer confidential assistance that does not include notification of law enforcement or military command may contact a FAP supervisor/clinician, victim advocate or a healthcare provider to request a restricted report.

A restricted report allows victims to evaluate their relationship choices while maintaining control over what and how much information to share with others. Because victim safety is a priority, victims at imminent risk of serious harm cannot use the restricted report option. A restricted report is also not available in cases where child abuse has occurred. A victim of domestic abuse who makes a restricted report may receive victim advocacy services without law enforcement notification or command involvement. Victim advocacy services include help developing a safety plan to prevent further abuse, referral to counseling, medical care, information about Military Protective Orders and information about military and local civilian community resources. Contact your local FAP to ask about the limitations on restricted reporting.

Unrestricted Reporting

Victims may contact the FAP, military police or chain of command to make an unrestricted report if they want an investigation of an abuse incident and command involvement.

The command can offer the victim added support and protection. An unrestricted report also gives the command the discretion to take administrative action against the offender.

For victims who choose to make an unrestricted report, a FAP advocate will also assist victims in making a report to law enforcement, provide information on legal rights and offer assistance in applying for Transitional Compensation, if applicable.

The choices in an abusive relationship are never easy. But, knowing that there are options for seeking help is the first step in ending abuse and having a safer and happier life.

Contact your local Fleet and Family Support Center.
(301-677-9014/17/18)

Resources and Links

If you are in an abusive relationship, contact the Fleet and Family Support Center and ask for a Domestic Abuse Victim Advocate. The National Domestic Violence Hotline at 1-800-799-7233 or 1-800-787-3224 (TTY) is available 24 hours a day for safety planning and referrals for local resources: <http://www.ndvh.org/>. OCONUS personnel can seek assistance directly from the Fleet and Family Support Center or from the Americans Overseas Domestic Violence Crisis Center at 1-866-USWOMEN (879-6636). You may also obtain general information from Military OneSource at 1-800-342-9647 or <http://www.militaryonesource.mil/>.

Fort Meade Pins New Chief Petty Officers

Story Number: NNS140917-03Release Date: 9/17/2014 9:26:00 AM
By Mass Communication Specialist 2nd Class (SW/AW) David R. Finley Jr., U.S. Fleet Cyber Command/U.S. 10th Fleet Public Affairs



FORT MEADE, Md. (NNS) -- Fort Meade, Maryland commands advanced 40 Sailors to the rank of Chief Petty Officer (CPO) during a pinning ceremony held at the base pavilion, Sept. 16.

The ceremony included Active Duty and Reserve Chief Selects from U.S. Fleet Cyber Command/U.S. 10th Fleet (FCC/C10F), Navy Information Operations Command Maryland (NIOC MD), U.S. Cyber Command and Defense Information Systems Agency.

"The Chiefs Mess is the foundation of our Navy," said Capt. Donald E. Elam, the Commanding Officer of NIOC Maryland. "You are all now a part of that with the privileges and demands that go along with it."

Elam went on to say, "Excellence is your standard. My charge to you is to be leaders each and every day both in and out of uniform."

During the event, the newly appointed Chiefs were ceremoniously pinned to the rank of CPO by family members and fellow Chiefs.

"It is an amazing feeling to reach this milestone," said FCC/C10F's Chief Cryptologic Technician (Networks) (IDW/SW) William A. Vanhousen. "Throughout my 15 years, I am thankful to have had so many people support me and help me get to this day." The pinning served as the culmination of six-weeks of CPO 365 Phase two training designed to give the Sailors a better understanding of what it means to be a Navy Chief.

"The training was instrumental in preparing us, as Chiefs, for what lies ahead," said FCC/C10F's Chief Cryptologic Technician (Networks) (IDW/NAC/AW) T.J. Willmott.

For more news from Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/.



239th Navy Day Ball

“Honoring our Past, Securing the Future”



NIOC Maryland celebrated the Navy’s 239th Birthday at the BWI Marriott Hotel in Linthicum, MD on October 18th. Nearly 600 Sailors, Marines, Airman and Soldiers attended the formal affair which paid tribute to the many service organizations that support our military. The central theme of the evening was “Honoring our Past, Securing the Future,” and featured Sailors from each department dressed in historical, and in some cases futuristic, attire representing numerous eras throughout naval history.



HISPANIC HERITAGE MONTH

FORT GEORGE G. MEADE, Md. — Navy Information Operations Command (NIOC) Maryland Sailors along with servicemembers and families from the Fort Meade area observed Hispanic Heritage Month at the McGill Training Center on Fort Meade Oct. 15.

Hispanic Heritage Month celebrates the culture and traditions of Hispanics and Latin Americans who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. This year's theme is "Hispanics: a legacy of history, the present of action, and the future of success."

More than 200 people attended the 90-minute event that transformed McGill Training Center into a Latin festival of colorful displays, traditional Hispanic cuisine, and live Latin music, which had audience members swaying to the rhythms of styles of music.

The featured entertainment was provided by the Puerto Rican band, "SalBomPle" from Alexandria, Va. The four members of the band interacted with the audience by teaching the history and tradition of Hispanic music accompanied by a dance lesson from Bejamine Yllani. The entertainment also included a live dance performance by traditional Peruvian dancers, eight year old Joselyn Delgado and nine year old Bryan Flores.

"The Diversity Ceremony was very nice and informative," said Event Participant Yeoman 2nd Class Samandra Otey." It was definitely a success. I believe all the attendees enjoyed themselves from beginning to end and the food was amazing."

President Lyndon B. Johnson started the observance in 1968. Two decades later, President Ronald Reagan expanded it to a 30-day period. The observance begins on Sept. 15, in celebration of the anniversary of the independence of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, and continues through Oct. 15.

For more information on Hispanic Heritage month visit: hispanicheritagemonth.gov





A MESSAGE FROM:

Jaime L. Longobardi, DO

LCDR MC USN

Medical Officer, NIOC Maryland

Kimbrough Ambulatory Care Center

One of the major complaints that come through military medical offices is foot pain. At some point in your military career you will have foot pain. Educating yourself on the major causes of foot pain and basic treatments and preventative actions to avoid foot pain is essential, from the casual runner to the ultimate marathoner or Ironman.

The most common non-traumatic diagnosis of foot pain is Plantar Fasciitis. This condition causes pain particularly in the heel. The cause is due to inflammation of the ligaments that make up the arch of your foot. Pain is usually worse in the morning with your first steps of the day. Pain also occurs after sitting for a long period of time and after running. It can be continuous or just when walking or running and is usually seen in runners, overweight persons, and those with inadequate arch support in their shoes. Stretching exercises, icing the arch of your foot and better arch support are the key to treatment. Videos can be found on www.runnersworld.com that demonstrate stretching exercises and are easy to understand and follow. Simply search for Plantar Fasciitis on the main page.

Another common cause of foot pain is Bunion. Often a bunion is thought of as a problem of women who wear poorly fitting shoes. This is not true. Anyone can have a bunion, but wearing tight fitting shoes can reshape the foot and make a bunion worse. Usually, the diagnosis is made when an enlarged joint of the 1st toe (big toe) is seen. As the joint gets larger, the angle of the foot bones increase and a cycle of pain, inflammation, and further enlargement of the joint occur. You can also have a similar problem with your 5th toe (pinky toe) but it is not as painful and typically only requires minimal treatment. Because your great toe is the largest joint of the foot and at a point in everyone's gait, it bears all of your body weight; the pain from a bunion can eventually cause a complete inability to run. Treatment includes changing shoes to ones with a larger toe box (If your toes can move freely, you are no longer putting pressure on the abnormally shaped bone). Basic medications

such as acetaminophen (Tylenol), ibuprofen, naproxen (Aleve) or other over the counter pain medications can relieve mild pain. Icing the enlarged joint is also helpful for mild pain. Once these treatments have stopped working, your primary care provider can prescribe shoe inserts that alter the pressure on your bunion. Additionally, podiatry can inject the enlarged joint with medication. Once conservative measures and injections fail, the only option is surgery. Surgery includes removing the enlarged tissue and rebuilding the joint. After surgery you can expect to be unable to walk for some time. There is considerable recovery period and physical therapy will take weeks or months to return you to full duty. Often a period of Limited Duty (LIMDU) is required after a bunion repair and properly fitting shoes must be worn in the future to ensure no recurrence of the bunion.

Stress fracture often occurs when there is a sudden increase in activity. The most common location for a foot stress fracture is the bone along the outside of your foot (5th metatarsal) but they can occur in any bone. Some stress fractures are visible on simple x-rays, but often diagnosis is not made until a bone scan is performed. Your provider will commonly presume a stress fracture is the diagnosis and treat accordingly, ordering a bone scan only if the pain does not resolve. A stress fracture will eventually heal without intervention, even if you keep running. Of course it will heal faster if you avoid all activities that cause pain. Prevention of stress fractures start with a good pair of shoes; see below for tips on buying shoes.

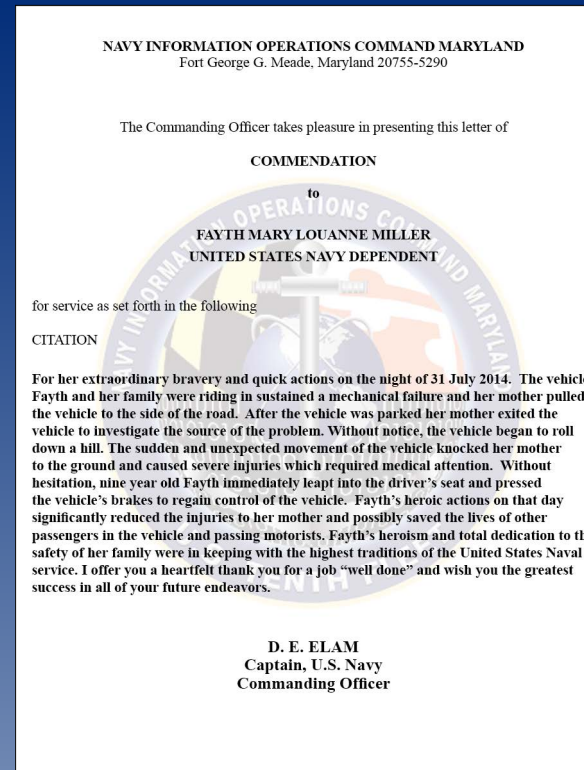
Finally, there is the dreaded Ankle Strain or Ankle Sprain. Almost everyone has turned their ankle. It hurts and you often cannot walk immediately afterwards. There is bruising and swelling associated. If you cannot walk after turning your ankle, you may need to go to an emergency room; you may have a severe injury that requires immobilization. If you can walk, a routine visit to your doctor is usually sufficient. Basic first aid includes: elevating the foot, applying ice to the area, wrapping your foot and ankle with

an ace bandage or other compressive device, and resting. As the pain subsides, you can return to normal activity. If you habitually turn your ankle, you are likely supinating or pronating. This occurs when your foot does not line up straight under your leg. It is normal to supinate or pronate to some degree, a good shoe that is made for your particular foot angle will help prevent further ankle injury.

Most foot problems have similar preventative actions: Good shoes that are designed for your specific gait. Each runner/athlete has a unique gait and going online for new running shoes is not recommended. Sporting goods stores are also not a good place to purchase your shoes. The best way to buy running shoes is to find a store that specializes in running. You will know you have a good one when they have running clubs and coaches training groups for marathons and other events. When you walk into a running store, the salesman will start with watching you walk. They will measure your foot, then select several shoes to try. After trying on multiple pairs of shoes, they will have you run in those shoes and watch. Eventually you will get a good selection that is all designed for your specific needs. If you cannot find a store like this, www.runnersworld.com has an online tool to help you find the type of shoe you should be wearing. (It is still recommended that you physically go to the store and try on the shoes before you make a purchase.) Pronation, supination, your weight, skill level and weekly mileage are important factors. Do your research before you buy. Once you have a good properly designed pair of shoes, you need to avoid walking around in your running shoes. Replace your shoes every 6 months or after 300 miles, whichever comes first.

Of course there are many more causes of foot pain then could ever be covered here. If you are not sure why you are having pain, go to your primary care provider. If you have questions, contact your primary care provider or discuss with your favorite Corpsman or unit medical officer.

Fayth Miller's LOC



Fort Meade, MD – On the evening of July 31, 2014 the courage of Fayth Miller, the nine year old daughter of 90 Department Sailor Information Systems Technician First Class James Miller, was more than tested. She was returning from visiting family with her mother, Ginny, and younger brother, Howard, when the vehicle they were riding in sustained a mechanical failure.

“Momma went to go get us food because we were coming back from Michigan, and then she had to pull over to fix the GPS”, said Fayth.

After pulling over, the car failed to start, leaving Ginny and her two children stranded on the side of the road. As Ginny tried to push the car into a nearby high school parking lot to wait for assistance, the situation worsened. The car door knocked Ginny over as the slowly rolling vehicle began to pick up speed, descending down a hill and dragging Ginny along with it.

“I was pushing the car and the next thing I knew I literally was on the ground face-first with blood pouring out of my nose and face,” Ginny said.

“I felt scared and afraid,” Fayth said. “Then momma yelled at me to stop the car. I didn’t know which pedal was the brake so I jumped into the front seat and put it in ‘P’, and called 911.” Fayth’s quick action stopped the car and brought emergency responders to help Ginny.

After the paramedics arrived and treated Ginny’s injuries, they airlifted her to a hospital in Pittsburgh, leaving the children with police. While in their care, Fayth had the presence of mind

to relay everything that happened. She even gave them the password to her mother’s phone so they could unlock it and call her father.

“Then the police took the children to McDonalds and bought them Happy Meals,” said Ginny. “Then they went into a 24 hour daycare until James could get there.”

When 90 Department Head, Lieutenant Elyshia Hughes, learned of the details of this tragic event, she had a conversation with Executive Officer, Commander Owen Schoolsky, who was moved to recognize Fayth’s heroism.

“CDR Schoolsky made mention, this is pretty intense when you think of a nine year old daughter responding this way I think we should recognize her, and from there I took action,” said Hughes.

The Miller family gathered in a community center on Fort Meade, MD along with Sailors from 90 Department to witness Fayth receive a Letter of Commendation and applaud the bravery of a young girl whose quick actions possibly saved the life of her mother.

“It was a great experience; a learning experience actually because of course you don’t recognize civilians as often as we probably should,” said Hughes. “I just knew it was going to be an emotional tear jerker moment for me because I just thought it was amazing to say that you saved your mom’s life. This could’ve been so much worse.”



SAILOR IN THE SPOTLIGHT

Seaman Zamora

Why did you join the military?

I have family members who previously served in the military; both of my grandparents were in the Navy. One of my grandfathers refueled aircraft on USS Oriskany, while my other grandfather was a Seabee. I even have an aunt who is currently serving in the Air Force. Each of them contributed to making my decision to join.

The other reason I joined was I knew the Navy would offer a career, and I knew that the opportunity would exist for an education. I knew that the military would be a sure deal.

Overall, I wanted a bit more understanding of what my family had done and gone through, while also bettering my own future.

Why the Navy?

I started with the Navy recruiters and tried to see what was available, because I was unsure exactly what I wanted to do. After I took the ASVAB, I took my scores to each of the branch recruiters to see what they could offer. Air Force recruiters were pretty much never in their office or returning calls, so they in essence, eliminated themselves from my list. The Marines and Army couldn't guarantee me anything either. Therefore, the Navy was the only service that could guarantee a solid contract.

How did your family and friends respond to you joining the military?

Once my parents found out that I was dead set on joining they became more supportive; the rest of my family was always supportive. My friends on the other hand, thought after enlisting I would be sent straight to Iraq and showed concern, but ultimately they are more comfortable now.

What do you do when you feel homesick?

There are a couple different things I do. First, I keep contact with friends and family using Skype, text, and the phone. I prefer talking over texting because I like hearing their voices. Then, I'll often try and do small stuff for loved ones; for example, my sister gave me something special, I'll take a picture of it, and post it on Facebook with the caption "thinking of you." Most people won't know what I'm talking about, but she will. I found my dad's favorite candy from Hawaii while at my A-school and sent a picture of it to him also with the caption "thinking of you."

I know it may be hard for many of us to be homesick, but the one thing that keeps me going the most is my family. Like I mentioned, I joined because of my family. I'm a little remorseful of what I left behind, but I am excited for what lies ahead.



What do you do in your free time outside of work?

I've been playing keyboard since age six without any official training. Now that my keyboard is here in the barracks with me, I play music often. When I was younger I went to a Church where my dad was the worship leader. I told him that I wanted to play on the worship team, and he said, "Well you're five, but okay. What do you want to play?" I told him I want to play the trumpet. He went and looked at the music store and decided the trumpet was too expensive but instead taught me to play keyboard. I've been playing ever since. He showed me the basics, and I just went from there. Now I'm at the point where I can learn songs by ear and will even compose my own songs. I'm always looking for different ways to expand my abilities on the piano.

Besides the piano, one of my favorite things is trying different cuisines. I like to get a bunch of friends together and try a new restaurant. A couple of weeks ago we tried Mongolian Grill, which is delicious by the way!

What have you enjoyed so far about the Navy?

I really enjoy waking up everyday and not worrying whether or not I'm going to have a job. In the past, I've worked at a lot of places where the bosses were so volatile that the smallest thing would get you fired. It's peace of mind.

I really enjoy the camaraderie, too. Not too long ago, I volunteered for an Honor Flight for people who served in the military before me. Most of them served before I was even born. We instantly connected just because I wore the uniform. That bond is really just awesome.

One of the most impactful experiences of joining

was how our service can change people's perspective of us in uniform. For example, I was fresh out of boot camp at the airport waiting to fly to my A-school. I had the usual fresh out of boot camp mentality that I don't belong here. I was sitting in the airport reading a book in my dress whites when I noticed an Australian family to my left with a little boy. The boy kept on asking the dad something and the dad told the boy "Ask him! He seems like a really nice bloke." I overheard them but I pretended not to hear. I just kept on reading. Eventually the dad asked, "Excuse me, Sir. That cape on the back of your uniform, what's that for?" At this point, I hadn't learned about the tar flap. I replied, "you know, honestly, I don't know. I suppose it's for our Navy heritage." The dad said to his son, "See boy, I told you he is a nice bloke." We talked a little bit and at the end of the conversation I returned to reading, when I heard the dad say to the boy "Now you see son, that man is a Sailor and he protects people like us." That was the moment I realized all my concerns were all about me instead of seeing the big picture. I finally saw just how much the organization I joined had an effect on the world.

What are your future goals?

First and foremost, I want to finish up my qualifications. I want to try to get as much experience as possible with different aspects of my job. I want to try to learn as many different things as I can. Maybe a little further down the road, I would like to go on deployment and get some more experience while seeing the world.

After that I just don't know. It's really hard to think so far down the road when you are focused on working really hard right now. But overall the military gives me that opportunity to travel and see parts of the world.